

Group Exercise and SilverSneakers®

January 2016

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers® Circuit*		SilverSneakers® Circuit*		
9 a.m.							Yoga Core
9:30 a.m.		Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Pickleball	Cardio X-Train
10:30 a.m.		SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*		
4:30 p.m.			Adult Drop-in Basketball		Adult Drop-in Basketball		
5:30 p.m.		Vinyasa Flow	Joyful Hoops Yin Yoga	Fitness Rx Pilates			
6:30 p.m.	Adult Drop-in Volleyball	ZUMBA®	Cardio Kickboxing	Beginning Yoga Body Blast	ZUMBA® Cardio Core Adult Drop-in Volleyball		
7:30 p.m.			Core 360		Core 360		

*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

Excel Tae Kwon Do

**Mondays and Thursdays,
January 4–February 11
5:30–6:30 p.m. • \$50 • Register by 1/10.
For all ages.**

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

SilverSneakers®

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk.



Group Exercise trial weeks

Winter II session

Try any class for free Jan. 4–9.
This Winter II session runs through Feb. 14.

Spring I session

Try any class for free Feb. 22–27.
This Spring I session runs through April 10.



**TWIN LAKES
RECREATION
CENTER**
CITY OF BLOOMINGTON
PARKS AND RECREATION

1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 5 a.m.–10 p.m.
Sat.–Sun.: 7 a.m.–10 p.m.

Holiday hours:

January 1: Closed
January 18: 5 a.m.–10 p.m.



Twin Lakes Recreation Center

bloomington.in.gov/TLRC

Free, Ongoing Programs for Adults (ages 50 yrs. and up) January 2016

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

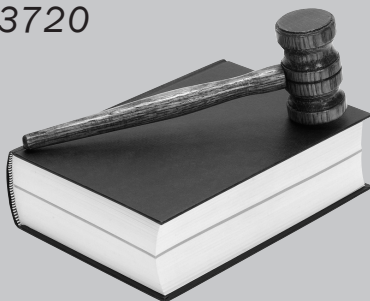
Participation in these programs is free and TLRC membership is not required.
For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German

ADDITIONAL ACTIVITIES

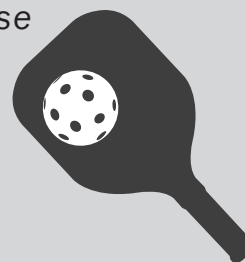
Legal Counseling

January 4 • 3 p.m.
by Atty. Tom Bunger
Call 812-349-3720
to register.



Pickleball

M, W, F • 9:30 a.m.–1 p.m. • Court 4
TLRC or SilverSneakers®
membership or purchase
of a daily admission
pass is required to
participate.



Fitness Assessments

Take control of your health by learning as much as you can about your fitness level. The data collected from a fitness assessment provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Schwartz at 812-349-3770 or schwartm@bloomington.in.gov to learn more about body composition tests, or to schedule a fitness assessment. **TLRC membership is not required. Includes:**

- Free recording of your resting heart rate and blood pressure.
- Optional tests for estimates of body composition, in particular body fat:
 - Skinfold analysis: \$25
 - Bioimpedance analysis: \$5

By appointment only • For all ages.



**TWIN LAKES
RECREATION
CENTER**
CITY OF BLOOMINGTON
PARKS AND RECREATION

1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 5 a.m.–10 p.m.
Sat.–Sun.: 7 a.m.–10 p.m.

Holiday hours:

January 1: Closed
January 18: 5 a.m.–10 p.m.



Twin Lakes Recreation Center

bloomington.in.gov/TLRC